

Model Weekly Reflection Paper

Weekly reflection papers should provide answers to the following questions:

- What did I learn from the course?
- What questions do I still have about this week's information?
- What further information would I like to learn about this week's topic?
- How will what I have learned this week impact me as a physician in training?

What did I learn from the course?

In this week's class, I learned about the basics of adoption and foster care. I am amazed at the large number of people in the U.S. who were adopted, as well as the number of children currently living in foster care. This also makes me wonder how many people have a close friend or family member who was adopted. I never thought about children of people who were adopted, and the medical issues that might come up for them as well. The focus on language and its impact on how people perceive different situations and experiences made me realize how important it is to be sensitive to differences. It is important to realize that words can be simple, yet powerful.

What questions do I still have about this week's information?

I still have some lingering questions about the material that was presented this week. What really interests me is the process of adoption. How does one go about adopting a child or making an adoption plan during an unexpected pregnancy? How do different state laws and regulations impact adopting a child outside your state or through another state's foster care system? What kind of resources do people who are interested in adopting or making an adoption plan for a child need? What community resources can I as a physician access in order to provide my patients with appropriate and accurate information? What is the best way to present information?

What further information would I like to learn about this week's topic?

I would like more information on the specific health issues that physicians may face when working with people who were adopted, birth parents, adoptive parents, and children of parents who have very little medical information.

How will what I have learned this week impact me as a physician in training?

As I develop as a physician, I will take care to be respectful of people's differences as well as the different ways that families can be created. The information presented this week makes me realize how much more I need to know so that I can be a caring physician in situations where patients may feel a lack of control (e.g., unplanned pregnancy, infertility issues, ill child with little medical history) and be prepared to offer information about resources in the community when my experience or knowledge is limited. To do so, I will need to actively seek community programs and other professionals who can provide important services to my patients.